Abstract Summary of Game theory, Script Analysis and Past Times[Transactional Analysis in Psychotherapy]- an

Orthodox Islamic Perspective

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"If you can not positively relate the past to the present, then you can not positively journey to the future"- Edris Kibalama

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Bismillah Arrahman Arraheem

In the name of Allah, The Entirely Merciful, The Especially Merciful

Alhamdulillah/All praise be to Allah

The Salah and salaam on the Final Messenger of Allah(Muhammad peace of Allah be upon him)

To proceed:

“If you can not positively relate the past to the present, then you can not positively journey to the future”- Edris Kibalama

This is a book that I compiled from a deep love to share many of the spiritual gems and treasures which I have come across thus far in my continuing Journey, until we reach physical death, then The life of the grave, then Judgement day and its many events, then to either Heaven/ Paradise, or to Hellfire. May Allah guide us Ameen. May Allah give us the good of this life, the good of the next, and

May He protect us us from the punishment of Hellfire Ameen.

May Allah guide us all Ameen

May Allah forgive me my sins and May He pardon my mistakes

Alhamdulillah/All praise be to Allah. And the Salah and salaam on the Final Messenger of Allah(Muhammad peace of Allah be upon him)

Edris Kibalama

Jumada Awwal 1443 AH

PREFACE

Revisiting some of the older books which I had read earlier on in my life, such as; Transactional Analysis in Psychotherapy, has allowed me to realise that the subject of Game theory, script analysis and past times is better dealt with from a religious point of view i.e. from an Orthodox Islamic point view. Some may ask why these kind of topics should be addressed from this kind of perspective.

Firstly, I shall make it clear that I am not here to debate or stir up a storm. I am only here to address issues to those who are interested in these kind of topics or fields, or to those that study them in some capacity, or to those who are curious as to what exactly this book about, then we can proceed- by the permission and will of Allah:

TEXT

In The Name of Allah, The Entirely Merciful, The Especially Merciful

It is important firstly, for the truth seeker to know that there is not much to positively, ethically and religiously gain from the subject of Psychology, from a general point of view.

Secondly, however, from a psychoanalytical/ Psychoanalysis point of view, especially specifically on its sub branch- Transactional Analysis, then it is generally a good model of analysing the live feed/ view of a persons apparent character traits, especially when the data of the so called Patient is gathered over a prolonged period of time. After a thorough, deep, honest, balanced, objective, unbiased, unprejudiced, non-stigmatised, holistic, truly ethical, Religiously Monotheistic, God-channeled/ i.e. truth seeking analysis of the data, lots of positives can be derived from this kind of data.

However, as you can see from the seemingly long list of variables that must remain balanced/ character traits that are required to provide a balanced and just conclusion to the data analysis, not to add the need for Patience, firm positive resolve, personal

resilience(not to back slide yourself into the position of the so called Patient), Sincerity to The Creator/ Allah Subhaana Wa Ta 'Aalaa, and most importantly after all those traits- Positive Spiritual/ Intellectual/ Emotional and Physiological/ Physical balance, as to not allow clouding of deep life lessons, as to for both the so-called Patient and the Doctor

For almost 2 decades of accompanying Doctors/ Psychiatrists/ Psychoanalysts, in whatever capacity Allah wished me to accompany them(regardless of what capacity they had planned)- Allah mentions in the Quran that:

"...They are an object of a plan..."

The believers also know, that Allah does not give success to the wrongdoers. Allah says in the Quran:

"Verily falsehood is ever bound to vanish"

May Allah purify our hearts and intentions

Ameen

Oh Allah guide us all Ameen

Many Doctors nowadays,especially in the West do not possess the most important traits of religious/ spiritual balance- as Ibn Qayyim himself mentioned in one of his books, that at his time, the ones that didn't account or believe in the unseen/ ghaib(and moreover, did not practically act according to it) was only half a Doctor.

So, what can we say in this time and age, many decades later; especially given the advent of this so-called Western Medicine- which is in actual reality an excuse for the human and Jinn Devils to weaken the masses, so as to keep most people in a constant, perpetual and according to their evil plans, a permanent state of possession, in which they can launch their weak attacks…

Allah says in the Quran;

"Ever feeble is the plots of Shaitaan"

For those who understand the reality, without actually getting into the intentions/ reasons/ driving factors/ incentives etc that get people into some of these questionable roles nowadays, it can be generally and easily concluded that modern Psychiatry is yet another game in many circumstances- a variation of Cops and Robbers.

However, for the Seekers of truth and Justice, it is not any different from what the so called Serpent(in biblical texts)/ Iblees(Shaitaan- The Head of the Jinns) told Adam in the story related to the very beginning of why we are in this toil and strife right now on this temporal abode

The People of the Book(Jews and Christians) commonly quote to the nearest meaning:

“Analyse/ Look at the log in your own eye, and not the twig in someone else’s eye”

The quote above, the meaning of which is also well known in Orthodox Islam is rather conclusive.

Allah says in the Qur aan:

“Allah will not change the situation of a people until they change their own situation”

For the many that don’t possess holistic traits of Justice, Intellect, Emotional, Spiritual and Emotional balance, let alone the many Practitioners in the west that clearly/ explicitly affiliate themselves with no religion/ atheism and many of the known philosophical fallacies rampant in the Western World as a whole, there remains hardly any candidates left to cure the so- called Psychological/ Mental/ Intellectual Problems that are claimed to be rampant in the west.

In conclusion:

From the words of Islamic/ Prophetic Medicine, as can be found in Muhammad Mustafa Al Jibaly’s book(May Allah have mercy upon him), he mentioned that, **The Worst Disability is Kufr/ Disbelief.**

Allah mentions in the Quran:

"Bal Aktharuhum laa Yu-minoon"

May Allah guide us all Ameen

The Names of Allah

1. Allah

2. Arrahmaan

The Entirely Merciful

3. Arraheem

The Especially Merciful

4. Al Ahad

The One and Only

5. Al Waahid

The One and Only

6. Al Waduud

The Most Loving

7. Al Hayyu

The Ever Living

8. Al Mubeen

The Manifest

9. Al Hakeem

The Most Wise

10. Al Qahhar

The Ever Subduing

FINAL PRAYER

May Allah increase us in beneficial knowledge. May Allah guide us, May Allah forgive us all our sins, and we ask Allah that he pardons us our shortcomings. May Allah purify our hearts and intentions, May Allah give us understanding of the religion, May Allah give us beneficial knowledge, hikmah and sincerity for His sake Alone. May Allah have Mercy and forgiveness upon us and those who preceded us.

Oh Allah guide us all Ameen

Rabbanaa, Aatinaa fiddunia hasanah, wa fil akhirati hasanah, wa qinaa ‘adhabannaar

Alhamdulillah, wassalatu wassalaam ‘alaa Rasuulillah

Our Lord/ Rabb, Give us the good of this world and give us the good of the afterlife and protect us from the fire of Hell Ameen

All Praises abundant and plentiful belong to Allah, and peace be upon his final Messenger Muhammad, peace and blessings be upon him, his family, his companions and all of those that follow them till the day of Judgement.

FINAL WORD

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BONUS CHAPTER 1

Extracts taken from:

Reflections of an Orthodox Islamic Immigrant

1. Parable of the importance of knowledge: Know your button mushroom from a magic mushroom, as eating one is a blessing, and eating the other is a potential sin.

2. Parable on dedication: When the light refuses to switch on, use an alternative power supply.

3. Importance of travel: Sometimes, the things you wish for are not always in the locality you currently reside in.

4. Tests of Allah: It is not until you live deeply amongst the ignorant , that you would know whether you are yourself the same.

5. In a land of deep seated Jahiliyyah, I give you an advice my fellow brother or sister, never open Pandora's box even if you can physically get out eventually, the spiritual, emotional and intellectual damage to your being may never heal.

Important lesson; Never argue with an ignorant one. Don’t even contemplate or think about it.

6. Always turn back to the Creator. Don’t let the people’s negative, abusive and derogatory words put you down. Trust in Allah, He will fulfill his promise to those who fear and trust Him alone.

7. If you are following a path that you are not meant to follow, the Creator will make it very clear to you, as long as you constantly seek His counsel. (i.e. Istikhaarah), you are sincere and you demonstrate never-ending patience (only for the sake of Allah)

BONUS CHAPTER 2

Statements on the reality of Orthodox Islamic Zuhd

1. Most poor people are not actually Zuhaad.

2. The richest man can be the greatest Zaahid than the poorest of people

3. Zuhd is a state of heart not necessarily a state of physical existence.

4. If most people knew the status of a true Zaahid (i.e. those that died in the pleasure of Allah) no one on this earth would dare to even utter a word of negativity towards them, and moreover their Creator.

5. The Zuhaad are amongst the ones that Allah chooses to be from amongst His Awliyaa and from amongst His Khaleel

6. You'd rather abuse a mushrik than even attempt to have bad intentions towards a khaleel/ walii/ sincere a'rifun/ Zaahid of Allah

7. All the Prophets were Zuhaad

Proof